



**HKUSPACE**  
香港大學專業進修學院  
HKU School of Professional and Continuing Education

<http://hkuspace.hku.hk/>

Advanced Certificate in

# LIFE COACHING

人生教練高等證書  
*October 2023 Intake*

Programme Code: CS032A



資歷架構  
Qualifications  
Framework

QR Registration No.: 15/000098/L4  
Registration Validity Period: 26/01/2015 – on-going

*College of*  
Humanities and Law



This course has been included in the list of reimbursable courses under the Continuing Education Fund.

## Advanced Certificate in Life Coaching

### 人生教練高等證書

Programme Code: CS032A

Application Code: 2150-CS032A



QR Registration No.: 15/000098/L4

Registration Validity Period: 26/01/2015 - on-going

### **What is Life Coaching and is it right for you?**

Most individuals nowadays are on the quest for answers on how to improve their lives as a whole. Whether they are hoping to improve their career growth and development, want to become more effective leaders in their line of work, or on the search for personal fulfillment and happiness. Life coaching helps and empowers people to fulfill their potential and make the most of their lives.

### **Programme Description**

The *Advanced Certificate in Life Coaching* programme has been developed in response to a rapidly growing life coaching industry in Hong Kong. It is pitched at Level 4 under the Hong Kong Qualifications Framework (QF). Combining practical life coaching, underpinning theory and applied positive psychology, it is designed for those who wish to apply life coaching skills in a variety of roles so that they can support the people they work with to achieve their life goals or for self-development. It is intended as an introductory as well as intermediate course for students to pursue continued development in the area of life coaching.

It will be of benefit to a broad range of people working in health, social care and education. Also, it will help support personal relationships with family, children, colleagues and friends.

### **Programme Aims**

- Equip students with the knowledge and core competencies of coaching. It is intended as an introductory as well as intermediate course for students to pursue continued development in the area of life coaching;
- Provide students opportunities to gain a greater understanding of themselves, explore the dynamics of relationships, acquire insights into setting and achieving short- and long-term goals, as well as creating a personal plan of action in a variety of settings;
- Develop students' skills and knowledge in life coaching for application to achieve self-development or professional effectiveness.

## Programme Syllabus

### Module 1: Introduction to Life Coaching (69 contact hours)

This module integrates with positive psychology and aims to develop an understanding of the theoretical basis of life coaching. It is achieved by exploring ideas from the main approaches to life coaching, and drawing out the implications and applications particularly relevant to personal satisfaction and/or professional growth. Ethical and professional issues are also addressed.



Classes will be delivered through face-to-face lectures, case study, and skill demonstration with emphasis on student participation.

### Module 2: Process and Practice (32 contact hours)

This module is an entirely experiential learning that is focused on each student's ability and skill development coaching in specifically directed personal foundation life coaching interactions.

#### **Note:**

- Self-Disclosure is part of the training process for life coaches. We encourage students to explore aspects of their identity as it relates to the professional practice of life coaching.
- Because of the nature of the programme and its relevance to life coaching, we often require self-disclosure and introspection of our students while in the programme.

## Assessment

Students need to fulfill the requirements of the following before awarding the *HKU SPACE Advanced Certificate in Life Coaching*:

[a] A minimum attendance requirement of 70%; AND

[b] Passed all assessment items of Modules I and II

## Lecture Day(s) / Time

Programme activities will be arranged on weekday evenings for Module 1 and an intensive basis over the weekends for Module 2.

Module 1: Every Monday from 9 October 2023 to 15 April 2024 (7:00p.m. – 10:00p.m.) and

Module 2: Saturdays on 27 April & 6, 13, 20 May 2023 (9:00a.m. – 6:00p.m.)

(Note: This programme is suitable for Native English Speakers.)

Module	Month	Dates
Module I (69 hours, 23 weeks) Mondays, 7:00p.m. – 10:00p.m.	October 2023	9, 16, 30
	November 2023	6, 13, 20, 27
	December 2023	4, 11, 18
	January 2024	8, 15, 22, 25
	February 2024	5, 19, 26
	March 2024	4, 11, 18,
	April 2024	8, 15
Module II (32 hours, 4 weeks) Saturdays, 9:00a.m.-1:00p.m. and 2:00p.m.-6:00p.m.	April 2024	27
	May 2024	4, 11, 18

## Entry Requirements

Applicants shall hold:

- a. An associate degree, higher diploma or advanced diploma, or equivalent; **AND**
- b. be aged 21 or above with at least two years' experience in a supervisory role.

Applicants with other qualifications will be considered on individual merit.

## Fee

Application Fee: HK\$150 (non-refundable)

Course Fee: HK\$19,000 (to be paid in 1 installment)

## Application

Applicants should submit:

- i) a completed application form\*,
- ii) copies of academic certificates,
- iii) a copy of HKID card or passport<sup>^</sup>, and
- iv) an application fee of HK\$150 by crossed cheque (payable to "HKU SPACE")
- v) a course fee of HK\$19,000 by crossed cheque (payable to "HKU SPACE")

All documents should be sent to:

Ms. Sophie Wong

HKU SPACE, Unit 1109, 11/F, Fortress Tower, 250 King's Road, North Point, H.K.

*(Remarks: Application for the Advanced Certificate in Life Coaching)*

**Closing Date of Application:** September 25, 2023

\* Application forms can be obtained from any HKU SPACE Learning Centres or download from <http://hkuspace.hku.hk/assets/files/SF26.pdf>

<sup>^</sup> Applicants will be asked to present their HKID cards or passports for verification if applying in person at one of the HKU SPACE enrolment counters, or to attach a copy of their HKID cards or passports if applying by post.

## Enquiries

For more specific enquiries, please contact Ms. Sophie Wong.

☎ : 2975 5657

✉ : [sophie.yys.wong@hkuspace.hku.hk](mailto:sophie.yys.wong@hkuspace.hku.hk)